

Town of West Hartford/Elmwood Senior Center
"Experience the Energy"

*"Get Your
Happy On"*



Thursday, July 26

11:30 am



Presented by:
Jennifer McManus
Community Nurse Educator

Come learn the latest research on how you can increase happiness, reduce stress and practice positive affirmations to make you smile more and live more fully in the moment. **Harvard University's most popular course on campus is "How to be Happier"** with the focus on recent data showing how **much of happiness has to do with choice, attitude and daily practice of mindfulness**. This senior program will incorporate body and mind exercises and all you have to do is show up and participate! **Bagels & beverages will be served.**

Co-Sponsor



PRE-REGISTRATION REQUIRED

Cost: \$2(M)/\$4(NM)